

**REGISTER NOW!**



# CLUB 55+

***Kickoff Events | November 17-19 (varies by site)***  
***Programs Begin | November 24-28 (varies by site)***

**Birthday Clubs | Board Games | Book Clubs | Cultural Experiences | Fitness  
Health Lectures | Mahjongg Open Play | Nature Walks | Party Bridge Open Play  
Recreational Activities | Social Club | Special Events | Outings | Wellness Programs  
Volunteer Opportunities | AND MORE!**

Activities vary by site and subject to change.

**For more information, please call (954) 828-PARK (7275)  
or visit [www.fortlauderdale.gov/parks](http://www.fortlauderdale.gov/parks).**

**SEE INSIDE FOR MORE DETAILS.**

# KICKOFF EVENTS & LOCATIONS

## **Bass Park**

Wednesday, November 19 | 9:30 a.m. - Noon  
2750 NW 19th Street  
Fort Lauderdale, FL 33311  
(954) 828-8498

## **Osswald Park**

Monday, November 17 | 9:30 a.m. - Noon  
2220 NW 21st Avenue  
Fort Lauderdale, FL 33311  
(954) 828-6455

## **Beach Community Center**

Wednesday, November 19 | Noon - 3 p.m.  
3351 NE 33rd Avenue  
Fort Lauderdale, FL 33308  
(954) 828-4610

## **Riverland Park**

Wednesday, November 19 | 9:30 a.m. - Noon  
950 SW 27th Avenue  
Fort Lauderdale, FL 33312  
(954) 828-5320

## **Carter Park**

Wednesday, November 19 | 9:30 a.m. - Noon  
1450 W. Sunrise Boulevard  
Fort Lauderdale, FL 33311  
(954) 828-5411

## **Riverside Park**

Tuesday, November 18 | 9:30 a.m. - Noon  
555 SW 11th Avenue  
Fort Lauderdale, FL 33312  
(954) 828-6153

## **Croissant Park**

Monday, November 17 | 9:30 a.m. - Noon  
245 W. Park Drive  
Fort Lauderdale, FL 33315  
(954) 828-6154

## **Snyder Park**

Wednesday, November 19 | 9:30 a.m. - Noon  
3299 SW 4th Avenue  
Fort Lauderdale, FL 33315  
(954) 828-4341

## **Holiday Park**

Tuesday, November 18 | 9:30 a.m. - Noon  
1150 G. Harold Martin Drive  
Fort Lauderdale, FL 33304  
(954) 828-5383

## **Warfield Park**

Tuesday, November 18 | 9:30 a.m. - Noon  
1000 N. Andrews Avenue  
Fort Lauderdale, FL 33304  
(954) 828-6120

## **Lauderdale Manors Park**

Monday, November 17 | 9:30 a.m. - Noon  
1340 Chateau Park Drive  
Fort Lauderdale, FL 33311  
(954) 828-5412

*Enjoy endless opportunities at 11  
City parks for a discounted annual Club  
55+ membership rate of only \$60 for  
residents. Seasonal memberships  
also available for \$25 per season.*

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# ACTIVITIES SCHEDULE

## MONDAYS

### Beach Community Center

8:30 – 11:30 a.m. .... Ping Pong  
9:30 a.m. – Noon ..... Club 55+  
Noon ..... Hot Topic  
(3rd Monday only)

### Croissant Park

9:00 – 10:00 a.m. .... Yoga  
9:30 a.m. – Noon ..... Club 55+

### Lauderdale Manors

9:30 a.m. – 2:00 p.m. .... Club 55+  
11:00 a.m. – Noon ..... Line Dance

### Osswald Park

9:30 – 10:30 a.m. .... Line Dance  
10:30 a.m. – Noon ..... Club 55+

### Riverland Park

9:30 a.m. – Noon ..... Diabetes  
Self-Management (Jan 26 - Mar 9 only)

### Riverside Park

9:30 a.m. – Noon ..... Matter of Balance  
(Jan 12 – Mar 2 only)

## TUESDAYS

### Bass Park

9:00 – 10:00 a.m. .... Chair Yoga  
9:30 a.m. – Noon ..... Club 55+

### Beach Community Center

10:00 a.m. – end ..... Feature Film

### Carter Park

9:30 a.m. – Noon ..... Club 55+

### Holiday Park

9:30 a.m. – Noon ..... Club 55+  
11:00 a.m. – Noon ..... Line Dance

### Lauderdale Manors

9:30 a.m. – 2:00 p.m. .... Club 55+

### Riverland Park

9:30 - 10:30 a.m. .... Line Dance  
10:30 a.m. – Noon ..... Club 55+

### Snyder Park

9:00 – 10:00 a.m. .... Walking Club  
10:00 a.m. – Noon ..... Club 55+

### Warfield Park

9:30 a.m. – Noon ..... Club 55+

## WEDNESDAYS

### Beach Community Center

8:30 – 11:30 a.m. .... Ping Pong  
9:30 a.m. – Noon ..... Club 55+  
10:00 – 11:30 a.m. .... Health Lecture  
(1st Wednesday only)  
1:00 – 4:00 p.m. .... Mahjongg Play  
2:00 – 5:00 p.m. .... Indoor Bocce Ball

### Croissant Park

9:30 a.m. – Noon ..... Diabetes  
Self-Management (Jan 26 - Mar 9 only)  
9:30 a.m. – Noon ..... Club 55+

### Lauderdale Manors

9:30 a.m. – Noon ..... Diabetes  
Self-Management (Jan 26 - Mar 9 only)  
9:30 a.m. – 2:00 p.m. .... Club 55+

### Osswald Park

9:30 a.m. – Noon ..... Club 55+

### Riverland Park

9:30 a.m. – Noon ..... Matter of Balance  
(Jan 12 – Mar 4 only)

### Riverside Park

9:30 a.m. – Noon ..... Club 55+

## THURSDAYS

### Bass Park

9:30 - 10:30 a.m. .... Line Dance  
9:30 a.m. – Noon ..... Club 55+

### Beach Community Center

12:30 – 3:30 p.m. .... Party Bridge  
12:30 – 3:00 p.m. .... Ping Pong

### Carter Park

9:30 a.m. – Noon ..... Club 55+

### Holiday Park

9:30 a.m. – Noon ..... Club 55+  
11:00 a.m. – Noon ..... Art

### Lauderdale Manors

9:30 a.m. – 2:00 p.m. .... Club 55+

### Riverland Park

9:30 – 10:30 a.m. .... Art  
9:30 a.m. – Noon ..... Club 55+

### Snyder Park

10:00a – 12:00p ..... Club 55+

### Warfield Park

9:30 a.m. – Noon ..... Club 55+

## FRIDAYS

### Beach Community Center

2:00 – 5:00 p.m. .... Indoor Bocce Ball  
2:00 – 5:00 p.m. .... Power Play

For more information,  
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# PROGRAM DESCRIPTIONS



**Chair Yoga** includes gently stretching, strengthening and relaxing the body. It provides the benefits of a regular Hatha Yoga class from the comfort of a chair. This class is perfect for those with mobility limitations or time constraints.



**Diabetes Self-Management** This 6-week, 2.5 hour once a week program builds confidence for managing chronic health issues, staying active and enjoying life! Learn how to work with your healthcare team, manage symptoms, learn medication “how-to’s”, communicate better, exercise and eat healthy.

**Matter of Balance** Many older adults experience concerns about falling and restrict their activities. Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to

increase strength and balance. Classes are held once a week for 8 weeks, 2 hours each.



**Nature Walks** Getting outside and experiencing nature in itself is a wonderful activity. Come join us at Historic Snyder Park for these great nature walks in which you will learn about the beauty surrounding you while enjoying leisure walk thru this amazing park.



**Yoga** systematically works through the entire body to strengthen & increase flexibility, while bringing harmony & balance to mind, body and spirit. This class consists of seated, lying down & standing postures and includes techniques in “control of breath,” meditation and visualizations. (Towel and mat are required.)

# OUTINGS



## November 25 Light up the Beach

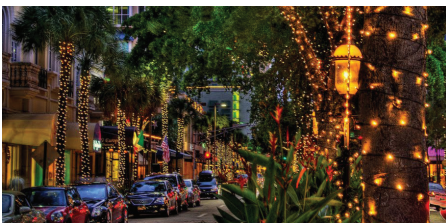
*A1A and Las Olas Blvd*

Fort Lauderdale Beach will come alive with the illumination of a larger-than-life holiday sand castle display. Other highlights include performances by local choirs, a free holiday concert, a kids zone, photos with Santa, and more!



## December 5 Fantasy of Lights *Tradewinds Park*

The 20th edition of the drive-through light extravaganza includes a three-mile route with dozens of static and animated light displays and illuminated trees, including old favorites as well as brand-new displays.



## December 10 Christmas on Las Olas *Las Olas Blvd*

This is an experience is a rare winter wonderland you and your family will not want to miss! Local choirs from schools and churches fill the air with the sounds of the holidays from 3 stages while strolling carolers delighted the crowds who filled their bellies with sips and sweets!

## December 14 Holiday Car Show *Festival Flea Market*

Join hundreds of car owners and tens of thousands of spectators at South Florida's largest car show.

## January 13 New Year Luncheon *Beach Community Center*

## January 14 New Year Luncheon *Croissant Park, Lauderdale Manors Park, Osswald Park and Riverside Park*

## January 15 | New Year Luncheon *Bass Park, Carter Park, Holiday Park, Riverland Park, Warfield Park*



## February 1, 11:00 a.m. – 2:00 p.m. Sunday Jazz Brunch *Esplanade Park*

The SunTrust Sunday Jazz Brunch is an ideal way to relax and enjoy Fort Lauderdale's scenic Riverwalk. Listen to local jazz artists on three stages.



## February 20, 7:00 – 10:00 p.m. Friday Night Tunes *Carter Park*

Bring your chairs, picnic blankets, and snacks to relax under the stars. From jazz to pop, Friday Night Tunes has it all.

## March 7 St. Patrick's Parade & Festival

*Huizenga Plaza*

The festival includes live music, a kids zone, food and fun. The parade begins at noon along Las Olas Blvd. with floats, bagpipers, marching bands, and more.



## March 28 Fort Lauderdale Art Fair

*Las Olas Blvd*

The Las Olas Art Fair is ranked as one of the top 100 art festivals in the nation and continues to be one of the most anticipated art events in the area. People come out yearly to see more than 150 artists display their work in what looks like a mini art gallery lined along the street.



## April 1 Everglades Holiday Park *West Broward*

Climb aboard one of the state-of-the-art vessels for unforgettable Everglades airboat rides, then take in a live alligator presentation featuring the Gator Boys Alligator Rescue in our world famous Gator Pit!



## May 3 Sunday Jazz Brunch *Esplanade Park*

The SunTrust Sunday Jazz Brunch is an ideal way to relax and enjoy Fort Lauderdale's scenic Riverwalk. Listen to local jazz artists on three stages.



# BIRTHDAY CLUB



## December

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**Tuesday, December 2**

Riverland Park

**Wednesday, December 3**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, December 4**

Bass Park, Carter Park, Holiday Park, Warfield Park

## January

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**Tuesday, January 6**

Riverland Park

**Wednesday, January 7**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, January 8**

Bass Park, Carter Park, Holiday Park, Warfield Park

## February

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**Tuesday, February 3**

Riverland Park

**Wednesday, February 4**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, February 5**

Bass Park, Carter Park, Holiday Park, Warfield Park

## March

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**Tuesday, March 3**

Riverland Park

**Wednesday, March 4**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, March 5**

Bass Park, Carter Park, Holiday Park, Warfield Park

## April

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**Tuesday, April 7**

Riverland Park

**Wednesday, April 8**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, April 9**

Bass Park, Carter Park, Holiday Park, Warfield Park

## May

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**Tuesday, May 5**

Riverland Park

**Wednesday, May 6**

Beach Community Center, Croissant Park,  
Lauderdale Manors Park, Osswald Park,  
Riverside Park

**Thursday, May 7**

Bass Park, Carter Park, Holiday Park, Warfield Park

# RECREATIONAL OPPORTUNITIES

## Bass Park

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- Board Games
- Cards
- Chair Yoga
- Couponing
- Line Dance
- Open Tennis
- Quilting
- Recipe Swap
- Walking

## Beach Community Center

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- Feature Films
- Health Lectures
- Hot Topic
- Indoor Bocce Ball
- Mahjongg Play
- Party Bridge
- Ping Pong
- Power Play

## Carter Park

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- Billiards
- Board Games
- Computer Lab
- Open Gym
- Open Tennis
- Open Volleyball
- Pickleball
- Ping Pong
- Recipe Swap
- Slow-Pitch Softball
- Walking

## Croissant Park

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- Board Games
- Book Club
- Cards
- Open Gym
- Walking
- Yoga

## Holiday Park

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- Art
- Board Games
- Book Club
- Cards
- Line Dance
- Music
- Open Gym
- Percussion
- Photography
- Pickleball
- Ping Pong
- Shuffleboard
- Travel Club
- Walking

## Lauderdale Manors Park

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- Billiards
- Board Games
- Book Club
- Cards
- Fitness Stations
- Game Room
- Gardening
- Mentoring/Tutoring
- Open Gym
- Walking

## Osswald Park

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- Billiards
- Board Games
- Cards
- Horticulture
- Kickball
- Line Dance
- Movies
- Open Golf
- Open Gym
- Open Tennis
- Open Volleyball
- Ping Pong
- Shuffleboard
- Slow-Pitch Softball
- Walking

## Riverland Park

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- Art
- Board Games
- Book Club
- Cards
- Couponing
- Line Dance
- Music
- Ping Pong
- Recipe Swap
- Travel Club
- Walking Club

## Riverside Park

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- Board Games
- Cards
- Mahjongg Play
- Movies
- Walking

## Snyder Park

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- Board Games
- Cards
- Corn Hole
- Gardening
- Guided Walks (once per month)
- Horseshoe
- Nature Walks

## Warfield Park

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- Board Games
- Cards
- Gardening
- Open Gym
- Open Tennis
- Ping Pong
- Walking



# VOLUNTEER OPPORTUNITIES

Each site has different Volunteer opportunities. Please contact the individual site that you are interested in volunteering at for more information.

- Beautification Projects
- Boccia Ball (Riverland Park)
- Butterfly Garden (Snyder Park)
- Special Events
  - Light Up Sistrunk
  - Santa on the Beach
  - Downtown Countdown
  - Sunday Jazz Brunch
  - St. Patrick's Parade & Festival
  - Great American Beach Party
- Sports
  - Coaching
  - Officiating
  - Scoreboard Operations
- Tax Preparation for Low-Income
- Working with Children
- Camp
- Lectures
- Mentoring (Lauderdale Manors Park)
- Storytelling
- Tutoring

## LIST OF LOCATIONS

### **Bass Park**

2750 NW 19th Street  
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(954) 828-8498

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